

# Stimulation of different foot structures and functions : effects on physical performance in older adults

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## **Propositions**

belonging to the thesis entitled

# **STIMULATION OF DIFFERENT FOOT STRUCTURES AND FUNCTIONS**

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## **Effects on physical performance in older adults**

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November 2009

1. A conventional training program that includes strength and power training, balance, mobility and stretching exercises can achieve success, even when it does not prevent falls and fall-related injuries, in older adults. *(this thesis)*
2. The correlation between improvements on physical tests in a gymnastics environment and improvement in quality of life is low. *(this thesis)*
3. The compliance of a home program additional to regular exercise classes is low in older, healthy adults. *(this thesis)*
4. Robust people are more likely than frail ones to volunteer for participation in physical exercise class. *(this thesis)*
5. It is never too late to start physical exercise.
6. The big challenge for public health will be to persuade the vast majority of adults, specifically the not-so-robust adults, to become more active.
7. Social interaction and enjoyment in a regular exercise class are equally important as physical improvements when engaging older adults in long-term exercise.
8. Die Leistungsfähigkeit des Menschen nimmt nur deshalb so erheblich ab, weil er sich hat einreden lassen, dass sie abnehmen muss. *(Mulford, in Brückner 1982, 114)*
9. Science may set limits to knowledge, but should not set limits to imagination. *(Bertrand Russel)*